

**Saratoga County Prediabetes Coalition**  
**Meeting Notes: Jan. 31, 2017**  
**(Rescheduled from 1/24/17 due to weather)**

Attendees: See attached attendance list.

1. Meeting opened with introductions and recap of December meeting. December meeting notes will be sent out prior to February meeting.
2. The Lions Club of Saratoga Springs held a one-day (9 to 3) food drive at four area grocery stores on Jan. 14. They collected over 3,400 lbs. of food and were able to make food donations to 6 local food pantries. The Lions distributed the plastic Nourish Your Neighbor bags and the green ones with healthy food recommendations on them. Program information was available at the collection tables. Barbara Martin noted that Sarah at Eat Right NY was very helpful and supportive of this event.
3. Amanda Duff reported that she recently connected with the Ballston Spa Rotary Club and they plan to do a Nourish Your Neighbor food drive at the upcoming school play. Amanda noted that program information can be shared at other meetings members go to and food collections can be done with these groups as well.
4. Jen from RSVP promoted food drives at local restaurants on Martin Luther King Jr. Day. Many locations agreed to offer patrons 15% off if they brought in food donations. Two West in particular was very supportive.
5. The patient education booklet was reviewed. There was some discussion about the Risk Test based on recent information regarding a change in risk for type 2 DM from women who had babies over 9 lbs. to women who were previously diagnosed with gestational diabetes. The version of the Risk Test featured on the brochure is the CDC version. After some discussion, it was decided to slightly modify the risk test and reference that it was "adapted from the CDC Diabetes Risk Test." Members will look at the scoring system to make sure it makes sense as well. There was also discussion about which version of the healthy plate to highlight on page 3. Some members suggested that the plate diagram that includes dairy foods and fruit may be more appropriate. Members were asked to send their preferred healthy plate diagrams to Amanda Duff. Revisions to booklet will be made as suggested and it will be reviewed again at the February meeting.
6. Amanda Duff presented six sample logos to the group for consideration and discussion. Members decided that the apple schematic in red instead of green is worth additional consideration. The suggestion was made to have the title "Saratoga County Prediabetes Coalition" ring the apple. The revised logo will be presented for discussion at the next meeting.
7. Barbara Martin from the Lions Club updated the group about planning for a Strides Diabetes Walk in November. The purpose of the walk is to increase community awareness of diabetes and prediabetes and to provide community support and education about these conditions. The Lions see this as a family event and opportunity to promote local diabetes services and resources. They hope to have a health fair before and after the walk and are looking for community partners to help with program planning and facilitation. The first priority is to secure a location for this event in early November to coincide with Diabetes Awareness Month. The Planning Committee meets the third Monday of every month at 5:15 at the Saratoga Hospital Board Room. A call-in meeting option is available to interested parties who are not able to

attend. Members are asked to consider how their organizations might support this event. Barbara Martin will provide regular updates about this event.

8. Options for Coalition social media presence and website creation were discussed. The suggestion was made to perhaps include Coalition updates in the Saratoga Hospital Access Newsletter. This publication is mailed to residents in Saratoga County three times a year. Lisa Hodgson will discuss with the Hospital's Marketing Dept. After looking at a couple of website options, the attendees decided that continuing to use the Saratoga County Public Health website with links to important diabetes resources is the best option for now. The SCPH website comes up when diabetes coalition is entered into the Google search engine and the first page contains links to the Diabetes Risk Test and other materials of interest to community members. The site includes upcoming Coalition meeting dates and notes from past meetings. Members are invited to explore the SCPH website prior to the next Coalition meeting. A recommendation was made to create a site on Google drive to allow Coalition members to collaboratively review and revise documents as the need arises.
9. At the next meeting, members will be invited to share how their organizations may support the Strides Diabetes Walk, the final revisions to the patient ed booklet will be reviewed and the revised logo will be discussed.
10. Meeting adjourned at 12:05. **Next meeting: Tuesday, Feb. 28 at 12:00 in 2<sup>nd</sup> floor conference room at 59D Myrtle Street.**